AMENDMENTS TO THE CLAIMS:

Claims 1 - 36 (Cancelled).

Claim 37 (Previously Amended). A method for making an insulated paperboard-based cup having a sidewall and a bottom which comprises providing a paperboard material comprising a paperboard web including from about 0.25 to about 10 % by weight dry basis of expanded polymeric microspheres, a caliper of from about 24 to about 35 mils, an apparent density of from about 6.5 to about 10 lb/3MSF/mil, an internal bond of at least about 80 x 10^{-3} ft-lbf, and a Sheffield smoothness of at least about 300 SU, and a barrier coating on at least one surface of the web having a thickness of from about 0.5 to about 3.5 mil, forming at least the sidewall of the cup from the web with a surface of the web containing the barrier coating facing interiorly of the cup and the other surface of the web facing exteriorly of the cup, and sealably joining the sidewall to the bottom.

Claim 38 (Original). The method of claim 37 wherein the web has barrier coatings on both of its surfaces facing interiorly and exteriorly of the cup.

Claim 39 (Original). The method of claim 38, wherein the web has printing on the barrier coating on the surface positioned exteriorly of the cup.

Claim 40 (Original). The method of claim 37, wherein the web has a barrier coating only on its surface facing interiorly of the cup and the web has printing on its surface facing exteriorly of the cup.

Claim 41 (New). The method of Claim 37 further comprising the step of forming an upper edge of the sidewall opposite the bottom of the cup into a cylinder shape to provide a substantially continuous rolled rim for the cup extending around the upper edge thereof.

Claim 42 (New). The method of Claim 37 wherein the average internal bond of the web is at least about 100 x 10^{-3} ft-lbf.

Claim 43 (New). The method of Claim 37 wherein the barrier coating has an average thickness of from about 0.5 to about 3.5 mil.

Claim 44 (New). The method of Claim 37 wherein the barrier coating comprises a coating material selected from the group consisting of polyethylene, EVOH, and polyethylene

terephthalate.

Claim 45 (New). The method of Claim 37 wherein the barrier coating comprises a low density polyethylene having an average thickness of from about 1 to about 3 mil.

Claim 46 (New). The method of Claim 37 wherein the web has a surface with a Sheffield smoothness of at least about 300 SU and a PPS10 smoothness of about 6.5 microns or less and carries printing on the surface.

Claim 47 (New). The method of Claim 37 wherein the web further comprises cellulosic fibers and said cellulosic fibers comprise from about 20 to about 40% by weight dry basis softwood fibers and from about 60 to about 80% by weight dry basis hardwood fibers.

Claim 48 (New). The method of Claim 37 wherein the expanded microspheres in the web comprise synthetic polymeric microspheres and comprise from about 5 to about 7 wt.% of the total weight of the web on a dry basis.